WEIGHT WATCHERS® GUARANTEE

If you are dissatisfied with your purchase for any reason, please return it to a meeting location for an exchange or refund by mail. If you made your purchase online, please contact customer service at store@weightwatchers.com for a return authorization number.

CUSTOMER SERVICE

If you have any questions or need help with your ***PointsPlus***™ Calculator, please contact: Weight Watchers International, Inc., Corporate Affairs Department, 300 Jericho Quadrangle, Jericho, NY 11753 USA.

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Printed in China

WeightWatchers®

PointsPlus™ Calculator User Guide

GET TO KNOW YOUR CALCULATOR

KEYS	FUNCTION
0, 1, 2, 3, 4, 5, 6, 7, 8, 9, "."	Number keys
⏻	On / off
C/CE	Clear last entry or cancel
7	New day and new week
	Setup daily target/weekly allowance; edit personal data
PointsPlus™	Calculate ***PointsPlus*** value and use ***PointsPlus*** value from calculation or direct entry
	Review daily target and weekly allowance over seven days
	ENTER / Confirm key
÷, x, -, +	Standard Calculator
▲▼	Up and down arrows to scroll

The calculator does more than simply calculate the ***PointsPlus***™ values of your favourite foods. It also:

- Keeps track of your personal information, like your height and weight.
- Calculates your daily ***PointsPlus*** Target and tracks your weekly ***PointsPlus*** Allowance.
- Tracks all the ***PointsPlus*** values you use each day and week.
- Works just like any standard calculator.

Congratulations! You now own an exciting new tool created to help you follow the Weight Watchers® program. Spend some time getting to know your ***PointsPlus*** Calculator to ensure you get the maximum benefits from its use.

We inserted a clear plastic tab to keep your battery fresh. To activate your calculator, just pull out the tab. Press the ON key to get started.

START CALCULATING *PointsPlus* VALUES NOW

While it's best to set up the calculator with your personal information (see page 6), you can calculate ***PointsPlus*** values right away. Be sure you have the nutrition information for the foods you are entering handy.

*Certain foods, especially sugar-free foods, may contain sugar alcohols, which may reduce total **PointsPlus** values. These ingredients are not typically included on food labels. As a result, you might notice discrepancies with the values you see in your lists and the values you calculate with the Weight Watchers **PointsPlus** Calculator. For the most accurate values, please use the food lists in the Pocket Guide or Companion books, or, if you're a subscriber, use the database on Weight Watchers eTools.*

Here's how to get started:

1. You will first have to set the Language you want for your calculator. English? will be displayed. Press ENTER if you would like to confirm English or press the DOWN ARROW key to view other options: Espanol? Français? Once you select a language by pressing ENTER, you will be at the stand-by screen (shown here).

2. Press the ***PointsPlus*** key, then press ENTER.

3. Use the number keys to put in the number of Protein grams per serving. Press ENTER.

4. Do the same to put in the number of Carbohydrate grams per serving. Press ENTER.

5. Put in the Fat grams per serving. Press ENTER.

6. Finally, put in the Fibre grams per serving. Press ENTER.

The ***PointsPlus***™ value for one serving of that food will be shown.

ENTER YOUR PERSONAL INFORMATION

Now, you can set up your personal information so it can calculate your daily ***PointsPlus***™ Target and show your weekly ***PointsPlus*** Allowance.

1. Press 🔧 to start set up. This is the key you press any time you want to set up your daily target and weekly allowance. Also press this key if you need to change your info (we will show you how on the next page).

2. The calculator will ask your age. Put in your age. Press ENTER.

TIP: *Any time you want to clear an entry, simply press CE once.*

3. Now, tell your calculator your gender. For FEMALE? Press ENTER. If you're a man, press the DOWN ARROW key* to see MALE? Press ENTER.

4. Next, your calculator will ask you if you would like to set up according to the imperial or metric system. Default is IMPERIAL (to confirm, press ENTER); to choose METRIC, press the DOWN ARROW key and then ENTER to confirm METRIC.

5. Tell your calculator how tall you are. For metric conversion, 0 will appear first for metres. Input metres, input dot, input centimeters, press ENTER. For imperial conversion, 0 will flash first for feet. Input feet, press ENTER. Next, 00 will flash for inches. Input inches, press ENTER.

**The Up & Down Arrow key will always let you get to another selection.*

6. Finally, tell your calculator your *current* weight in kilograms/pounds, and press ENTER.

7. Your calculator will now ask you if you want to lose weight or maintain your weight. First, LOSE? will appear on the screen. If you want to lose weight, press ENTER. If you want to maintain your weight, press the DOWN ARROW key to display MAINTAIN? Then, press ENTER.

8. A daily ***PointsPlus***™ Target will be shown.

Important Note: If you are 16 years of age or below, your calculator will be unable to provide your daily ***PointsPlus*** Target. Please refer to your program materials and speak with your Leader for your daily target. See page 19 on manually inputting your daily target in order to track.

9. If you chose MAINTAIN, you will be asked if you have extra ***PointsPlus*** values. Default is 0*, or enter any extra values and press ENTER.

10. Your total daily ***PointsPlus*** Target will now appear on the screen.

CONGRATULATIONS – you've personalized your *PointsPlus* calculator!

*As nursing mothers receive additional ***PointsPlus*** values, we recommend they use the MAINTAIN option when setting up their daily ***PointsPlus*** Target. If you need more information about the daily ***PointsPlus*** Target for nursing moms, please see the Weight Watchers® program materials or ask your Leader.

YOU CAN CHANGE YOUR PERSONAL INFORMATION

Press . Press the DOWN ARROW key to see all your information, including age, gender, height, weight, daily ***PointsPlus***™ Target, and weekly ***PointsPlus*** Allowance.

To clear and reset ALL the information you previously entered, press and hold the ENTER key. You will then need to do your setup again (page 6).

To change either age, height, or weight, press the DOWN ARROW key until you find the item you want to change (In this example, we will change weight.) When you get to WEIGHT?, press and hold the ENTER key for three seconds.

Then enter in the new number and press ENTER.

RESET will appear on the screen for two seconds confirming the change you made.

Every time you make a change, your calculator will ask you if you want to lose weight. Press ENTER to confirm LOSE. To choose maintain, press the DOWN ARROW key and then ENTER.

Your daily ***PointsPlus*** Target will be calculated.

NOTE: If you are using this calculator to track ***PointsPlus***™ values, after every seven days of tracking, your calculator will ask you to confirm or update your weight to help you progress towards your goal (see page 19-20).

TRACK YOUR DAILY *PointsPlus* VALUES

Now that you've personalized your calculator with your daily ***PointsPlus*** Target, you are ready to begin tracking. Your calculator can track both the ***PointsPlus*** values that you calculate and the ***PointsPlus*** values for foods you already know.

To track the *PointsPlus* values that you have calculated:

Every time you calculate a ***PointsPlus*** value for a new food, the word USE? will appear on your screen. (See page 4 for calculating ***PointsPlus*** values.) Press ENTER to tell your calculator to subtract this ***PointsPlus*** value from your daily ***PointsPlus*** Target.

If you are having more than one serving of the same food, you can multiply the serving and the calculator will calculate the total ***PointsPlus*** value. To multiply the number of servings, press the X key.

Put in the number of servings. (In this example two servings are shown.)

Then press ENTER to subtract that value from your daily ***PointsPlus*** Target, or press CE to exit. The ***PointsPlus*** values you have remaining for the day will appear on the screen.

If you are not having a full serving of the food you calculated, use the divide function (the ÷ key) for your calculator to provide the ***PointsPlus***™ value for the portion you are having.

NOTE: According to the Weight Watchers® plan, when you have more than one or only a portion of a serving, the calculator accounts for all the nutrition information you have entered and does not simply multiply or divide the ***PointsPlus*** value.

Now if you already know the *PointsPlus* value of a food, you can track those foods without going through the steps above.

NOTE: If you use more ***PointsPlus*** values than you have in your daily ***PointsPlus*** Target, your calculator will automatically subtract them from your weekly allowance. Use the DOWN ARROW key to view your remaining weekly ***PointsPlus*** Allowance.

Press the ***PointsPlus*** key and you will see CALCULATE? on screen.

Press the DOWN ARROW key and you will see the word USE? Enter in the known ***PointsPlus*** value of that food and press ENTER.

The value will be subtracted from your daily target and you'll now see your remaining daily ***PointsPlus*** values for the day.

VIEWING YOUR DAILY *PointsPlus*™ TARGET AND WEEKLY *PointsPlus ALLOWANCE*

Press the ✎ key to review. The ***PointsPlus*** values you have left for that day will appear.

Press the DOWN ARROW key to see how much of your weekly ***PointsPlus*** Allowance is left.

Because your calculator tracks your *PointsPlus* values for seven days, you can see how you've used your *PointsPlus* values in past days.

After viewing your remaining weekly ***PointsPlus*** Allowance (see previous page) press the DOWN ARROW key again to see your information from previous days, starting with Day 1 of tracking.

Continue to press the DOWN ARROW key to scroll through past days and the daily ***PointsPlus*** values used.

To start a new day, you'll need to tell your calculator when tracking for the new day should begin.

Press the 7 key.
If you have not set up your daily target, your daily ***PointsPlus***™ Target shown will be 0. You should calculate your daily ***PointsPlus*** Target to track your days (see page 6). If you have completed set up, your daily ***PointsPlus*** Target is displayed, press ENTER to confirm.

Each time you want to start tracking for a new day press the 7 key and press ENTER to confirm. Repeat for each new day of tracking.

When you want to start tracking a new week, it's just as simple.

Press 7 key between Day 1 to 7. (You can start tracking a new week on any day; you do not need 7 full days of tracking before you can start a new week.) Press DOWN ARROW key.

Press ENTER to start a new week.

While we strongly encourage you set up your daily target to track, for those that would like to or need to manually input a daily ***PointsPlus*** Target, you can do so when you start tracking a new week. Simply:
- Press 7 key and the DOWN ARROW key (same as above).
- Press ENTER to start a new week and then enter your daily ***PointsPlus*** Target, and ENTER again.

After you start a new week, your calculator will ask for your current weight because your daily target may change as you get closer to your weight goal.

Your last entered weight will show on the screen. If your weight hasn't changed press ENTER.

If your weight has changed, put in your new weight and press ENTER.

Your calculator will now ask if you want to lose weight. To select LOSE, press ENTER.

To choose MAINTAIN, press the DOWN ARROW key. Press ENTER.

If you choose MAINTAIN, you will see EXTRA? (See page 6 or talk to your Leader for more clarification regarding additional daily values.) If applicable, put in the additional ***PointsPlus***™ values, then press ENTER.

Your daily ***PointsPlus*** Target will display.

QUICK TIPS:

- Look at the keypad diagram at the beginning of this guide as a reminder of what each key does.
- For best use of your calculator, personalize it so you can easily track your progress.
- At the beginning of each day, when you want to start tracking, simply press 7, that's it!
- The calculator will automatically turn off after 3 minutes of non-use.
- To preserve battery life, you should remove the battery from your ***PointsPlus***™ Calculator when you're not using it for a long period of time.
- If you're having a problem or there is a malfunction, you can also reset your calculator by inserting a pin or paper clip in the RESET hole at the side.

- But you should know whenever you remove the battery or reset the calculator, all saved information will be lost and need to be re-entered.

BATTERY INFORMATION:

The battery in your ***PointsPlus*** Calculator is a 3-volt lithium battery, type CR2025.

TO REPLACE THE BATTERY:

1. Use a coin to rotate the battery door counterclockwise and loosen.
2. Remove the battery door and battery by turning the calculator over.
3. Place a new battery into the compartment with the positive (+) side facing up.
4. Place the battery door back into the compartment and rotate clockwise to lock.